

Black Bean Salad

1 can (15 ounces) black beans drained and rinsed or 1½ cups of cooked black beans

1 can of sweet potatoes cubed

1 cup green bell pepper diced

½ cup canned corn kernels, drained well

½ cup red onion chopped

1 avocado diced

FOR THE CILANTRO LIME DRESSING

1 cup cilantro use parsley if you don't like cilantro

¼ cup extra virgin olive oil

¼ cup lime juice

2 tablespoons maple syrup, agave nectar, or honey

1 clove garlic

1 teaspoon grated ginger

1 teaspoon salt or more to taste

MAKE THE DRESSING-Blend 1 cup cilantro, ¼ cup extra virgin olive oil, ¼ cup lime juice, 2 tablespoons maple syrup, 1 clove garlic, 1 teaspoon grated ginger, and 1 teaspoon salt.

To make it without a blender, finely chop ingredients and whisk them in a bowl.

TOSS THE SALAD-To a large mixing bowl, add the black beans, 1 cup green bell pepper (diced), ½ cup canned corn kernels, ½ cup red onion (chopped), ¼ cup pickled jalapeños, and 1 avocado (diced).

Toss with the dressing then taste and adjust for salt before serving.

Serves 4-6

Serving size 1 cup

Nutrition Facts:

Calories: 467kcal, Carbohydrates: 64g, Protein: 9g, Fat: 22g, Saturated Fat: 3g, Polyunsaturated Fat: 3g, Monounsaturated Fat: 15g, Trans Fat: 0g, Cholesterol: 0mg, Sodium: 1082mg, Potassium: 1205mg, Dietary Fiber: 14g, Sugar: 17g, Vitamin A: 24882IU, Vitamin B6: 1mg, Vitamin C: 46mg, Vitamin E: 4mg, Vitamin K: 45µg, Calcium: 107mg, Folate: 117µg, Iron: 3mg, Manganese: 1mg, Magnesium: 92mg, Zinc: 1mg

Ingredients in bold are CSFP items